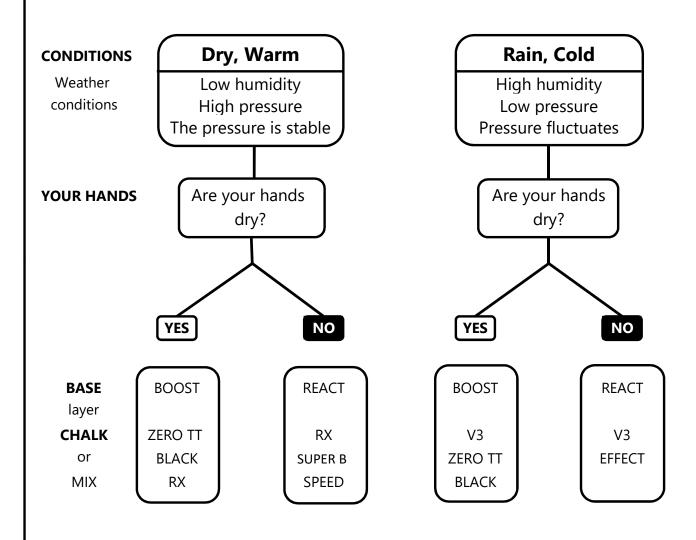


## **CHALK USAGE DIAGRAM**



## FINDING THE BEST GRIP



CLIMBING DAY

**Everyday life, Training** BLACK, SPEED, EFFECT, TT, SUPER B

**Project, OS, FI.** RX, V3, SUPER B, ZERO TT

**Rope and long boulder** ZERO TT, alebo V3, RX mix s TOKYOM

**Bouldering** V3, RX, SUPER B

**GRIPSTONE.EU**